

RESOURCES FOR FAMILIES

Reproductive Health Nurse Navigation

- Free and confidential all-options pregnancy counseling, resources, and education.
- Call or text: 608-690-0893 publichealthmdc.com/options

Pregnancy Options Wisconsin: Education, Resources, & Support

- Confidential line for pregnancy options and support.
- Call or text: 608-514-1714 pregnancyoptionswi.org

Babies & Beyond

- Free services and resources to pregnant individuals and families with children under 4.
- 608-222-0008 babiesandbeyondwi.org

Project Babies

- Education and community events to support parents.
- 608-770-9588 projectbabies.org

Society of St. Vincent de Paul

- Food pantry, prescription assistance, and portable cribs for low-income families.
- 608-257-0919 svdpmadison.org/how-we-help

4C's

- Community Coordinated Child Care provides information and guidance on child care.
- 608-271-9181 4-c.org

Birth to 3 Program

- Developmental screening and intervention for children ages 0-3.
- Madison: 608-252-1320, Dane Co: 608-273-3232
- dcdhs.com/Disability-and-Aging/Children's-Disability-Services/Birth-to-3-Program

Head Start & Early Head Start

- Support programs, services, and childcare for families with children under age 5.
- 608-275-6740 reachdane.org

Emergency Childcare Respite Center

- 24-hour emergency childcare and planned care when needed. Call to schedule an intake.
- 608-244-5700 risewisconsin.org/the-respite-center

Wisconsin Shares Child Care Subsidy Program

- Financial assistance for child care
- 888-794-5556 dcf.wisconsin.gov/wishares/parents

Joining Forces for Families (JFF)

- Neighborhood-responsive services through community social workers.
- [Dcdhs.com/Children-Youth-and-Family/Community-Programs/Joining-Forces-for-Families](https://dcdhs.com/Children-Youth-and-Family/Community-Programs/Joining-Forces-for-Families)

RISE

- Community-based programs: parenting support, home visiting, and care coordination.
- 608-250-6634 risewisconsin.org

Madison Schools: Play & Learn

- Free program that provides 2 hours of activities for children 0-3+ and their parents.
- madison.k12.wi.us/early-learning

Madison Schools: Child Find Screening

- Screening, support, and services for kids ages 3-5.
- 608-663-8471
- madison.k12.wi.us/early-learning-programs/child-find

Safe Kids Madison Area

- Child injury prevention including education, low-cost car seats, and other safety items.
- 608-333-6087 uwhealthkids.org/safekids

Madison Reading Project

- Dane County families can register for a free book by mail every month until child's 5th birthday.
- madisonreadingproject.com

DAIS

- Domestic violence services and 24-hour call and text lines.
- Call: 608-251-4445, Text: 608-420-4638
- abuseintervention.org

Hmong Family Strengthening Helpline

- Free, 24/7 family violence and abuse hotline, operated by Hmong-speaking staff.
- 877-740-4292 bbwpcalition.org/helpline

Bereaved Parents of Madison Inc

- Support after miscarriage, stillbirth, and infant death.
- 920-643-0217 bereavedparentsofmadison.com

MENTAL HEALTH & SUBSTANCE USE

Suicide & Crisis Lifeline

- 24/7 support for suicidal, mental health, and substance use crisis.
- Call or text: 988

Dane County 24-Hour Crisis Line

- 24/7 phone line for support during emotional distress and/ or psychiatric crisis.
- 608-280-2600

Maternal Mental Health Hotline

- 24/7 phone line for emotional support and resources for pregnant/postpartum people and their families.
- Call or text: 833-852-6262

Behavioral Health Resource Center

- Non-urgent referral, resource connection and general mental health services information.
- 608-267-2244 danebhrc.org

NAMI Dane County

- Support for individuals and families with mental illness.
- 608-249-7188 namidanecounty.org

Comprehensive Community Services

- Mental health and/or substance use services for individuals and families with medical assistance.
- 608-242-6415
- risewisconsin.org/comprehensive-community-services

First Breath

- Free program to help women and families in WI quit smoking.
- 608-251-1675 wwhf.org/firstbreath

Wisconsin Tobacco QuitLine

- Information and support to quit smoking.
- 800-784-8669 quitline.wisc.edu

Safe Communities

- Support programs: safety, suicide prevention, and substance use.
- 24/7 Recovery Hotline: 608-228-1278
- 608-441-3060 safercommunity.net

COMMUNITY RESOURCE GUIDE

Dial **2-1-1** for a 24/7 helpline with information about community resources.



HEALTHCARE

Public Health Madison & Dane County

- Immunizations, WIC, sexual and reproductive health clinic, breast & cervical cancer screenings, and more.
- 608-266-4821 publichealthmdc.com

Access Community Health Centers

- Medical, dental, and behavioral health care & affiliated pharmacy. Accepts insurance and BadgerCare+/Medicaid. Provides lower cost care for those without insurance.
- 608-443-5480 accesscommunityhealthcenters.org

Planned Parenthood

- Affordable all-options reproductive and women’s health care. Accepts BadgerCare Plus/Medicaid.
- 844-493-1052 plannedparenthood.org

MEDiC Southside Clinic

- Free urgent care for uninsured/underinsured adults.
- 608-265-4972, ext. 2
- med.wisc.edu/education/medic/clinics/#southside

Perry Family Free Clinic

- Medical services for uninsured/underinsured Black men and uninsured adults.
- 608-841-1110 perryfamilyfreeclinic.org

St. Vincent Charitable Pharmacy

- Free prescription fills for low-income, uninsured adults.
- New patients: 608-257-0919, Current: 608-260-7066
- svdpmadison.org/program/pharmacy/

Madison Street Medicine

- Medical services for people experiencing homelessness.
- 608-676-7826 madisonstreetmedicine.org

HEALTH INSURANCE

BadgerCare support via Dane County Job Center

- Assistance with applying for benefits including BadgerCare.
- 888-794-5556
- dhs.wisconsin.gov/em/dane.htm

Covering Wisconsin

- Help finding and signing up for health insurance.
- 608-261-1455 coveringwi.org

Marketplace Plans

- Health insurance plans for those not eligible for BadgerCare+, Medicaid, or Medicare.
- 800-318-2596 healthcare.gov

DENTAL

Access Community Health Center

- Dental care for adults and children. Accepts insurance,
- BadgerCare Plus/Medicaid, and lower cost for uninsured.
- 608-443-5482 accesscommunityhealthcenters.org

Affordable Dental Care, Inc.

- General dental care for uninsured and underinsured people at reduced cost.
- 608-622-4002 affordabledentalmadison.org

Madison College Dental Hygiene Clinic

- Low-cost preventive dental care for adults and children, by dental hygiene students.
- 608-258-2400 madisoncollege.edu/dental-hygiene-clinic

More Smiles Wisconsin

- Dental services for people ages 8+ with insurance or cost barriers.
- 608-665-2752 moresmileswi.org

Bridging Brighter Smiles

- School-based preventative dental care.
- 262-896-9891 bridgingbrightersmiles.org

Familia Dental

- Accepts Medicaid and offers lower cost care if uninsured.
- 608-244-8050 familiadental.com

FOOD ASSISTANCE

FoodShare Helpline

- Assists with understanding eligibility, enrolling in FoodShare.
- 877-366-3635

Capital Consortium

- Enroll in FoodShare and other benefit programs.
- 888-794-5556

Second Harvest

- Mobile food pantry information.
- 608-223-9121 secondharvestsw.org

WIC

- Women, Infant, & Children nutrition program.
- 608-267-1111 publichealthmdc.com/wic

LEGAL & IMMIGRATION

Catholic Multicultural Center

- Immigration legal services
- 608-441-0114 cmcmadison.org/immigration-legal

Centro Hispano

- Assistance with U.S. citizenship and immigration services.
- 608-400-9469 micentro.org/immigration-services.html

Community Immigration Law Center

- Immigration legal services
- 608-640-4444 cilcmadison.org

Dane County Immigration Affairs

- Social workers who support immigrants and refugees.
- DCDHS.com/Children-Youth-and-Family/Immigration-Affairs

Undocumented Resource List

- Resource guide for people who are undocumented
- undocudanecounty.wixsite.com/mysite

RISE Law Center

- Family and immigration law
- 608-256-1015 riselawcenter.org

UW Law School Programs

- Legal services: Consumer, family, restraining orders, and more.
- 608-890-0678 Law.wisc.edu/eji

Neighborhood House

- Every other month, free legal aid clinic.
- 608-255-5337 neighborhoodhousemadison.org

Legal Tune Up Wisconsin

- Free help with common legal needs.
- legaltuneup.org

Wisconsin Law Help

- Find legal help and simplified legal resources
- wislawhelp.org

Trans Law Help Wisconsin

- Legal information for people who are trans and nonbinary.
- translawhelp.com

AGING & DISABILITY

Aging & Disability Resource Center

- Resources and support for aging or living with a disability.
- 608-240-7400 daneadrc.org

HOUSING & UTILITIES

Community Action Coalition

- Housing, food, and community support programs.
- 608-237-1255 cacscw.org

Tenant Resource Center

- Housing counseling, mediation, and community resources. Walk-in services at two locations.
- 608-257-0006 tenantresourcecenter.org

Coordinated Entry Eviction Prevention

- Connection to services if you are being evicted: financial, mediation, legal, and housing case management.
- 608-257-0006, ext. 7

Urban Triage Housing Services & Navigation Services

- **Housing services:** Resource list, documentation, outreach, rapid rehousing, and transitional housing.
- **Navigation services:** Case management for unhoused people and resources to achieve housing.
- 608-299-4128 urbantriage.org/housing-services

Coordinated Entry Homeless Services

- Housing program enrollment and assistance for people
- experiencing housing crisis.
- 608-826-8019 danecountyhomeless.org/coordinated-entry

Project Home

- Home repairs, accessibility modifications, and energy/weatherization improvements.
- 608-246-3737 projecthomewi.org

Energy Services Inc

- Energy-related assistance including heating and electric.
- 800-506-5596 esiwi.com

Assurance Wireless

- Free cell phone with minutes and texting for low-income adults.
- 888-321-5880 assurancewireless.com

Lifeline

- Discounted phone and internet services for low-income families.
- 608-267-3595
- psc.wi.gov/Pages/Programs/LifeLineLinkup.aspx